

## Leisure benefits the retired

People from all age groups can learn to benefit from their spare time. But older people, and especially those who have retired from their work, need to develop interests so they can use extra time to advantage.

Before they retire is the time to make their plans. By injecting meaning, worth and purpose into their hobbies or other pursuits, they can take a renewed interest in life and make it a more enjoyable and rewarding experience.

## Use resource facilities

There are a number of resources which may provide either activities or information. Your local board of education, the YMCA or YWCA, church groups, community or services clubs, and parks and recreation departments in larger centres all may be able to help you.

Your public library, too, can be a mine of information, and you may find news of local activities, a selection of "how-to" books on a variety of subjects, and magazines and publications relating to your interests.

Subscribe to publications promoting your particular hobby or interest. Join local clubs or groups. You'll soon meet people with similar interests.

Often, your local newspaper will contain a calendar of meetings being held by various groups and organizations.

If you're interested in educational pursuits, inquire about university extension courses or local board of education programs. Or write to your local Ontario Ministry of Education office to inquire about the elementary and secondary school correspondence courses offered without charge by the provincial government.



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## Leisure and Pleasure

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## **We have the means and opportunity...**

"Increased means and increased leisure are the two civilizers of man," Benjamin Disraeli said a hundred years ago. Today most of us have vastly increased means and opportunities for leisure over past generations.

And leisure, properly handled, can mean the freedom to live a well-rounded, happy and more satisfying life.

## **...but to some they present a problem**

Yet, as the work week shortens, as early retirement becomes more commonplace, and people find themselves with more free time, we hear about the *problems* of leisure time. Why?

Perhaps because of our inherited work ethic, we may feel guilty having increasing periods of free time, or we have no instinct for handling leisure hours enjoyably.

## **Have fun in your spare time**

Leisure time should be something you enjoy, not something you grit your teeth to get through.

Just because your next-door neighbor uses his or her leisure to garden, refinish furniture or weave baskets, doesn't mean you have to. Your leisure time is to give you pleasure.

Your leisure time may be goal-oriented, but it doesn't have to be — especially if your nine-to-five occupation is competitive. You

don't have to be the best, or the first, or do the most. You don't have to be an A.Y. Jackson or a Picasso to enjoy painting, or a great athlete to enjoy sport.

Use your spare time constructively, round out your lifestyle, and strengthen your inner resources. If you earn extra money at the same time, accept it as an unexpected benefit resulting from your hobby.

Like most other things in life, you'll get more enjoyment out of your leisure hours if you decide what you want them to do for you — and then plan an intelligent course of action.

## **Round out your lifestyle**

If your job involves physical activity, then consider learning to relax by developing other abilities. If you've always wanted to take some high school or university course — do it. If you've always wanted to collect match-book covers or comic books — do it.

On the other hand, if you have a sit-down job, plan for leisure time that includes some physical activity. Doctors suggest that you combine some kind of exercise with your leisure interests. Walking, for instance, can be a part of many hobbies such as photography, nature study or an interest in history.

For your own sake, try to make physical activity of some kind part of your daily life — you'll *feel* better for it.

## **Choose more than one activity**

It's wise not to confine your interest to one pursuit or hobby. You may, for instance, enjoy golfing or canoeing — but one day they may not be possible for you. In leisure, as in life, a well-rounded person always has a choice of interesting resources.

## **Keep your family in mind**

Sometimes, planning for recreational activity, especially holidays, has to be a matter of give and take with the interests of an entire family in mind. Yet within certain limits each member of a family can be encouraged to pursue individual interests and hobbies. Parents can help their children to use leisure creatively by example as well as by supporting school and community programs geared to encourage a variety of interests.

## **Go at it gradually**

Start any new hobby or activity in a small way. Discover if it's really to your liking. Don't, for instance, make a large financial outlay for downhill skiing equipment or sophisticated photographic equipment, unless you are sure this is the leisure life for you.

Also, if you're involved in a sedentary occupation, take things easily at the beginning of a vacation or exercise program. Increase physical involvement gradually. Don't strain your limits.